

# THE CAT IN THE HAT VIRTUAL 5K

## KIWANIS RUN FOR KIDS



It's your race at your pace. As Dr. Seuss said, "You're in pretty good shape for the shape that you are in." Join us as we venture through the historic district of Whoville (Tifton, GA) to visit historic children landmarks. The stuff of legends, "The Cat in the Hat!" 16 years running, the race benefits the Kiwanis Club of Tifton local youth programs.

**How does this work?** Sign up. The Cat in the Hat is a virtual 5K (3.1 miles) race. It's your race at your pace! Log the miles anytime, as many times as you wish, time yourself and send in your fastest time. The Cat in the Hat says, "We can have lots of fun!"

**Our Mission:** It's less about rules but to motivate you to get out and exercise. "Fun is good" - Dr. Seuss.

**The course:** You choose 1) Your own course or 2) The Cat in the Hat course - run through Whoville and past child related landmarks: Grinch Park, old Cindy Lou Who Elementary School, The Cat in the Hat house, Whoville High School, etc. Pavement arrows will mark the course. Sites will be identified by a yard sign. Course map will be in the information packet. You can walk, run, or cycle. Do it with your children, family, or cat!

**What's included in the cost?** The cost includes everything. The digital experience. The reward(s). Become a member of the Kiwanis Club of Tifton and race free! "I meant what I said and I said what I meant." - Dr. Seuss

**Login:** You can sign up anytime. The race officially starts on Mon., Sept. 14, 2020 and ends on Sat., Dec. 5, 2020. Forms available at Active.com, tiftonkiwanis.org, or from tlshoup.kk58@gmail.com. Fill out the form, submit it by snail mail or scan it. "Couch to 5K" runners have 12 weeks to complete the event.

**Rewards:** Upon signing up you will receive a limited-edition medal, official Road ID race bib, and a free Kiwanis meeting lunch ticket. Exclusive t-shirt and a customized Certificate of Completion will be distributed shortly after Sat., Dec. 5th. Experience the feeling of accomplishment, stay fit, and the help the youth in *our* community. Prizes in several categories. "Don't cry because it's over. Smile because it happened." - Dr. Seuss.

**Prizes:** Top male/ female finisher overall and top male/ female masters (over 40) finisher. All children participants will receive a Christmas present!

**Information card:** Included in your race packet with the official The Cat in the Hat race course map. Email or text your times and pictures to Tom Shoup, 229-388-2142, or tlshoup.kk58@gmail.com. See yourself on Facebook or Instagram. Use the hashtag #KiwaniRunforKids. "Like" us!

**Age categories:** Age groups: ≤10 yr., 11-14 yr., & then in 5 yr. age groups, ≥75 yr. & over. **Race results:** Race results will be tabulated and posted shortly after Saturday, Dec. 5, 2020.

**Questions:** Tom Shoup, call or text 229-388-2142 or email: tlshoup.kk58@gmail.com.

**Refunds:** You are making a non-refundable purchase decision with your registration. No refund with an injury, an unexpected business or family emergency, illness, pregnancy, etc. There are NO exceptions.

**Sponsors:** A big "Thank You" to our many race sponsors. Look for their business signs on the course!